

How worried should I be?

- The Centers for Disease Control and Prevention (CDC) has warned that Americans should brace for the likelihood that the virus will continue to spread in the U.S.
 - To help protect those who are most vulnerable, adhere to the CDC recommendations for social distancing (6 to 10 feet away from one another) and cancel or reschedule unnecessary travel, gatherings, and community engagement.
 - If you are worried, self-monitor for symptoms. As soon as you experience all three symptoms (fever, cough, and shortness of breath), call your health care provider.
 - More information is available at <https://coronavirus.delaware.gov/vulnerable-populations/>.
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I have shortness of breath, a fever, and a cough. What do I do?

- If you experience all three symptoms (fever, cough, and shortness of breath), call your health care provider before you go in-person to the clinic or doctor's office.
- Your health care professional will work with the Delaware Division of Public Health to determine if you need to be tested for COVID-19.
- Stay home, rest, and avoid others. Most people with mild COVID-19 illness will recover on their own by drinking

plenty of fluids, resting, and taking pain and fever medications.

- Fourteen days is the presumed incubation period for this virus, so remaining at home and avoiding groups for this time will ensure that you do not spread the virus in the community if you develop symptoms.
 - If you are unsure what you should do, contact the Division of Public Health Call Center at 1-866-408-1899 to discuss your concerns and next steps.
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What are the symptoms?

For confirmed COVID-19 infections, reported illnesses have ranged from infected people with little to no symptoms (similar to the common cold) to people being severely ill and dying:

- Fever
 - Cough
 - Shortness of breath
 - New loss of taste or smell
 - Aches or muscle pain
 - Sore throat
 - Chills or repeated shaking with chills
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Who is at risk?

- Individuals 60 years of age and older.
- Individuals with chronic health conditions, such as

diabetes, lung disease, or heart disease.

- Individuals who are immunocompromised or have medical needs.
 - Individuals with access or functional needs.
 - Individuals who are homeless or experience housing instability.
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How does it spread?

- Through the air by coughing and sneezing
 - Close personal contact, such as touching or shaking hands
 - Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes
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What is DPH doing?

- We are in contact with the Centers for Disease Control and Prevention (CDC), as well as other local, state, and national partners to share information.
- We have sent information to health care providers around the state with current recommendations for screening and testing for COVID-19, as well as to EMS and home health care providers regarding proper protection procedures.
- We are holding frequent calls with staff and our state and health care provider partners to stay up to date with the latest updates.
- We are sharing messaging with partners and the public as

it becomes available.

- This is a rapidly evolving situation, so information and recommendations are likely to change quickly as well. We will continue to learn more in the coming days and share new information as it is available.

What is a Coronavirus Disease 2019 (COVID-19)?

A novel coronavirus is a new coronavirus that has not been previously identified. It is named for the crownlike spikes that protrude from its surface. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.